



A TRADITION IN SUMMER FUN

welcome packet

FOR CAMPERS & PARENTS/GUARDIANS

Camp Riva-Lake, located on the first plateau of the Cumberland Mountains, will provide a fun-filled, wholesome environment for girls. We are committed to fostering character development, and building leadership and physical skills through age-appropriate camping activities.

“Welcome to Riva-Lake, we’re glad you’re here. We have a great big handshake and a rousing cheer for you so join in our happy song we’ll have lots of fun! We hope your stay will be until our happy camping days are done!”

This is a song you will hear and sing often while you are at camp. It is our hope that you will catch the Riva-Lake spirit and have the best, unplugged summer and create the most incredible memories of your life.

This packet is filled with information to get you started on your camping journey. We look forward to having fun with you this summer.

Nonnie Thompson Preuss
Director of Camp Programs
Cell: 404-626-6881

Erica Hilmas-Tucker
Director of Camp Administration
Cell: 573-465-3706



ARRIVAL:

All campers are asked to arrive at camp by timed entry based on careful consideration of travel distance noted in Camp Minder paperwork. We will not be able to have parents leave the car at drop-off, on the first day of the session. You will check in with the Directors, meet our nurse and pick up uniforms if necessary. We encourage a quick drop-off and goodbye for the benefit of both your camper and her fellow campers.

DEPARTURE:

Pickup is between 9:00 a.m., and 11:00 a.m. (Central Time). Parents/guardians will have the opportunity to see their camper's cabin, meet the cabin counselors and take a quick tour. Counselors and staff will be spending the afternoon cleaning around camp, so we encourage families to adhere to the 11:00 a.m. end to pick-up.

DIRECTIONS TO CAMP RIVA-LAKE:

Apple Maps and Google Maps are useful tools when driving to Camp Riva-Lake. Enter "1281 Riva Lake Road, Winchester, Tennessee 37398" into "Destination" for directions. At the end of this packet we have listed several motels and hotels in the vicinity if you would like to spend the night before drop-off or pick-up.

TRANSPORTATION:

All campers will need to arrive at camp with a parent/guardian present to sign them in. If your child is flying into Nashville, and will need to be picked up by a staff member or approved driver, please reach out to our camp directors. We need to be able to obtain written permission for camper pick-up, in addition to obtaining a pick-up team.



CAMP LIVING:

Campers make new friends from all over the United States in their cabin. Requests for certain campers to live together in the same cabin must be submitted in writing by both families to the Co-Directors prior to camp opening. Please remember that the cabins are close together which creates a real sense of community. There are also opportunities to be in the same activity groups or on the same team if we're not able to fulfill all cabin requests.

DAILY ACTIVITY SCHEDULE:

Each day campers go to 4 assigned activities such as basketball, horseback riding, swimming, canoeing, sailing, tennis, dance/production, archery, and arts & crafts. Campers will go to the lake daily and will ride every other day, weather permitting. They will participate in other activities as scheduled. Each night the entire camp gets together for fun games, plays, parties and more.



OUR GOALS:

When our campers think of CRL, they think “fun and friendships”. Behind those words, is so much more. Our goal is that each individual camper will discover the best version of her unique self. We provide experiences aimed at helping campers become more independent and self-confident. Activities and interactions are intentional to support each girl’s development of positive character traits, leadership and physical skills.



These things do not happen by miracle in a few weeks at camp. But we believe that camp programs can play a unique role in supporting parents in their child’s development. We provide a safe setting where girls can try new things, make and correct mistakes, learn to live with others and act as role models for one another. Thousands of young girls have spent wonderful summers at CRL and developed lifelong skills and memories.

The most obvious area to see development is in the skills your camper will learn as she makes progress towards mastery of her activities. Campers rotate through 4 activities each day (except Sunday). The activities we offer on a regular basis are arts and crafts, basketball, tennis, horseback riding, swimming, canoeing, sailing, woodlore, dance, and archery. Campers will participate in all activities which exposes them to new experiences and many girls try a sport for the very first time. Getting on a horse, scoring your first basket or sailing for the first time instills adventure and confidence in our campers.

Campers are instructed by counselors who have mastered their activity. Campers progress through 5 levels of achievements in each activity. The achievements start out very basic. Once a camper masters an achievement, she moves to the next achievement which will be more challenging than the previous one. At the end of camp, campers receive awards based on their achievements. Returning campers review the previous year’s achievement before working on the next one. This allows campers to monitor progress from year to year and strive toward mastery of that activity.

Another critical skill we work on daily is learning to live independently and within a group setting. Camp teaches children self-care as they are responsible for bathing, brushing teeth, organizing their belongings and applying sunscreen. They also learn to plan and organize as they must get to activities on time, remembering the tennis racket or appropriate shoes for riding. Counselors ensure proper guidance, but girls are held accountable through health charts filled out with their counselors at night. This chart also tracks how they contribute to the group setting such as cleaning the cabin and practicing kindness.

Teamwork, sportsmanship and leadership are put into practice through the 2 teams at CRL. While the teams are at the heart of the Riva-Lake spirit and sisterhood, they also provide a great environment to balance teamwork and sportsmanship. By working for their teams, campers experience first-hand that they achieve goals together when everyone collaborates. Their individual accomplishments are part of a greater whole. The competition and desire to achieve is real, but always put in context of sportsmanship. The girls are competing against true friends and winning and losing fairly and with grace is a key focus and important life lesson.

The teams elect Captains, Co-captains, Songleaders and Basketball Captains. Campers also have team big and little sisters. This provides our youngest campers with positive role models and older campers with a chance to lead and mentor the younger girls. Many of our alumnae will say, “I learned to lead at Riva-Lake”.

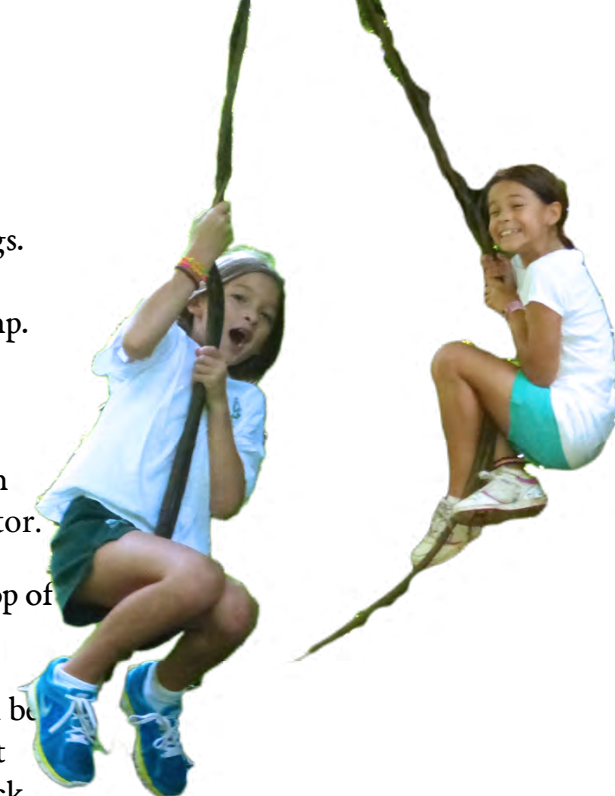
Finally, we reward campers across all of these developmental areas. In addition to activity achievements, awards are given out for best cabin inspection to special recognition for loyalty, spirit, and exemplifying the best of your unique self.

We aim to balance personal achievement and teamwork; independence and collaboration, and skills-building and character building. Our philosophy is to set good examples, recognize those who excel, and give girls confidence that they can progress in these areas through their lives.



WHAT TO PACK:

- » A trunk and duffle bag should hold all your camper's belongings. The Army Surplus Store and The Container Store are good resources. There is an online store called everythingsummercamp.com that carries trunks, duffles, cot sheets, blankets, laundry supplies, etc.
- » On Sunday white shorts and a white knit collared shirt are worn the entire day. These may be ordered from our Assistant Director.
- » Please tape a packing list of items brought to camp inside the top of your trunk.
- » Please mark all items with your camper's name. Name tapes can be ordered from Bell of Maine (www.bellofmaine.com) or found at everythingsummercamp.com, or you may use a waterproof, black Sharpie to label their belongings.
- » Frequency of laundering is dependent on session length. If you have any questions please do not hesitate to contact our Directors.
- » Since the bathhouses are a short distance from the cabins, campers should pack a shower caddy or bucket to tote their supplies to the showers.
- » Green shorts and white shirts, affectionately referred to as "green and whites," are our official camp uniform and should be worn to lunch, dinner and vespers. Returning campers may wear uniforms they purchased previously. We think it is important for our campers to have common uniforms to wear while at camp.
- » We serve only fresh eggs and fresh milk. If your camper has a special diet, it is imperative that you contact the Directors to discuss your camper's unique needs. You may need to provide special snacks and meals for your gluten-free, dairy-free or vegetarian camper. Unfortunately, at this time we cannot accommodate vegan diets.





Camp Riva Lake

Full Session Packing List

- 4 pairs of shorts and shirts any color
- 8 green shorts; 2 should be CRL logo shorts
- 3 white shorts
- 10-12 white t-shirts; 2 should be CRL logo shirts
- 2 white collared CRL logo polo shirts (required for Sunday)
- 2 pairs of blue jeans
- 10-12 pairs of underwear
- 10-12 pairs of socks
- 3 sets of pajamas
- 1 sweatshirt/jacket
- 1 bathrobe
- 1 pair of shoes with heel for riding
- 2 pairs of tennis shoes
- 1 pair of shower shoes/flip flops/crocs for shower use only
- 1 pair of lake shoes (NO flip flops or Crocs)
- 3 bathing suits
- 2 white swimming caps
- 1 raincoat/poncho
- 1 cap/visor
- 2 sets of twin sheets and 1 blanket (we have a few cold nights)
- 2 pillowcases
- 1-2 pillows
- 4 towels (2 for lake use, 2 for bath use)
- 2 washcloths
- 1 sleeping bag
- 2 laundry bags, nylon is best
- 1 tennis racket
- 1 can tennis balls (low compression for ages 7 to 9)

- 1 flashlight with batteries
- books
- stationary/pens/stamps/address list
- bug spray, preferably with DEET
- sunscreen
- 1 costume (optional)-see "special days" list
- shampoo and conditioner
- liquid gold Dial hand soap in pump bottle
- toothpaste, toothbrush, toothbrush holder and floss
- bucket to hold shower items
- brush/combs
- fingernail brush, clippers, fingernail file
- 1 water bottle and cup
- 1 Personal fan (battery operated preferred)
- other age-appropriate hygiene items



Camp Riva Lake

Session 1 or 2 Packing List

- 3 pairs of shorts and shirts any color
- 6-7 green shorts; 2 should be CRL logo shorts
- 2 white shorts
- 8-10 white t-shirts; 2 should be CRL logo shirts
- 1 white collared CRL logo polo shirts (required for Sunday)
- 2 pairs of blue jeans
- 8-10 pairs of underwear
- 8-10 pairs of socks
- 2 sets of pajamas
- 1 sweatshirt/jacket
- 1 bathrobe
- 1 pair of shoes with heel for riding
- 2 pairs of tennis shoes
- 1 pair of shower shoes/flip flops/crocs for shower use only
- 1 pair of lake shoes (NO flip flops or Crocs)
- 2 bathing suits
- 2 white swimming caps
- 1 raincoat/poncho
- 1 cap/visor
- 2 sets of twin sheets and 1 blanket (we have a few cold nights)
- 2 pillowcases
- 1-2 pillows
- 4 towels (2 for lake use, 2 for bath use)
- 2 washcloths
- 1 sleeping bag
- 2 laundry bags, nylon is best
- 1 tennis racket
- 1 can tennis balls (low compression for ages 7 to 9)

- 1 flashlight with batteries
- books
- stationary/pens/stamps/address list
- bug spray, preferably with DEET
- sunscreen
- 1 costume (optional)-see "special days" list
- shampoo and conditioner
- liquid gold Dial hand soap in pump bottle
- toothpaste, toothbrush, toothbrush holder and floss
- bucket to hold shower items
- brush/combs
- fingernail brush, clippers, fingernail file
- 1 water bottle and cup
- 1 Personal fan (battery operated preferred)
- other age-appropriate hygiene items



Camp Riva Lake

Mini Session Packing List

- 2-3 pairs of shorts and shirts any color
- 6-7 green shorts; 2 should be CRL logo shorts
- 1 pair of white shorts
- 6-7 white t-shirts; 2 should be CRL logo shirts
- 1 white collared CRL logo polo shirts (required for Sunday)
- 1 pair of blue jeans
- 8-9 pairs of underwear
- 8-9 pairs of socks
- 2 sets of pajamas
- 1 sweatshirt/jacket
- 1 bathrobe
- 1 pair of shoes with heel for riding
- 2 pairs of tennis shoes
- 1 pair of shower shoes/flip flops/crocs for shower use only
- 1 pair of lake shoes (NO flip flops or Crocs)
- 1-2 bathing suits
- 2 white swimming caps
- 1 raincoat/poncho
- 1 cap/visor
- 1-2 sets of twin sheets and 1 blanket (we have a few cold nights)
- 1-2 pillowcases
- 1-2 pillows
- 4 towels (2 for lake use, 2 for bath use)
- 1 sleeping bag
- 1 laundry bag, nylon is best
- 1 tennis racket
- 1 can tennis balls (low compression for ages 7 to 9)

- 1 flashlight with batteries
- books
- stationary/pens/stamps/address list
- bug spray, preferably with DEET
- sunscreen
- 1 costume (optional)-see "special days" list
- shampoo and conditioner
- liquid gold Dial hand soap in pump bottle
- toothpaste, toothbrush, toothbrush holder and floss
- bucket to hold shower items
- brush/combs
- fingernail brush, clippers, fingernail file
- 1 water bottle and cup
- 1 Personal fan (battery operated preferred)
- other age-appropriate hygiene items

MAIL CALL:

It is always exciting to have mail from home, relatives and friends. Please send letters often to:

Camper's Name
Camp Riva-Lake
1281 Riva Lake Road
Winchester, Tennessee 37398

COUNSELOR LETTERS TO PARENTS:

Parents will receive letters via email from their campers' cabin counselors. You will receive at least one email per session. If you for some reason do not receive an email, please check your spam folder and/or reach out to our camp administration.

PACKAGES:

We feel that packages/large manila envelopes interfere with the camp experience and lead to unintentional hurt feelings. For this and COVID-19 precautions *we will not be accepting any packages this summer.*

Please pack carefully and remember summer reading. The camp store will be well stocked with batteries, toiletries, stationary & stamps.

EMAIL:

Letters are the best way to communicate with your camper - they love seeing your handwriting and knowing the letters have been sealed with a kiss! In addition to your letters, you have the option to send email.

- » Email may be sent to camprivalake@gmail.com with your daughter's full name in the subject line.
- » Emails are \$1.00 per email, and will be charged to your daughter's commissary account.
- » Email will be printed by 11 a.m. every day and put in your camper's mailbox daily.
- » NO attachments should be sent. Our remote location will not support large file sizes, so we may not receive and are unable to print emails with photos and/or attachments.
- » You may want to discuss with your daughter which family and friends will have access to the email account, as all email addressed to your daughter will be charged to her account.
- » Email is ONE WAY ONLY! Campers may not send emails to parents, family or friends.

SOCIAL MEDIA:

While we are a camp that cherishes traditions, we also have Facebook, Instagram and Youtube as other methods of communication.

FACEBOOK PAGE:

The CRL Facebook page, together with our website, is our public face to the world. We will use it to communicate general information to our camp community including prospective families. Here you will find information on recruiting parties, off-season updates and similar information. If you are on Facebook, please “Like” us, as this is a great way to spread the word about Camp Riva-Lake. Please be mindful that this is a public site, so we will not post personal information and we ask you to refrain as well in your comments.

FACEBOOK CLOSED GROUP:

CRL also has a closed Facebook group. This group is for campers, their families and alums, and requires Admin approval to join. We will post more specific updates about camp during the summer sessions for this closed group. Parent surveys have made it clear privacy is as important to you as it is to us. To ensure privacy and a great online experience, please be mindful of the following:

- » Our goal is to post every day but please understand this may not happen because the top priority for our staff is always camper fun and safety; social media updates will occur whenever possible.
- » Pictures will be posted every few days but we cannot guarantee a photo of your camper. Look forward to sharing your daughter’s experiences with her through letters and stories when she returns home.
- » Please do NOT “tag” campers in photos as this can post the camper photos to more public sites. If you want to share, download and forward the photo to your friends and family.
- » Continue to direct all personal questions or concerns about your daughter to the Directors via phone, as postings are often made by offsite Admin, not someone at camp.
- » Health matters are confidential, so all health questions or comments should be directed to the staff or camp nurse.
- » We reserve the right to remove posts that we deem inappropriate for the site.
- » The authorized group is reviewed periodically, so you may need to re-register before the camp session.



ITEMS NOT ALLOWED AT CAMP:

ELECTRONICS:

Electronics such as cell phones, video games, laptops, tablets, headphones and Kindles are not permitted at camp. Additionally, Camp Riva-Lake, its staff and Directors cannot be held responsible for damage of any kind to such devices.

MUSIC:

If you choose to bring an iPod (or similar) for the entire cabin's musical enjoyment, please DELETE all games and inappropriate or offensive music/lyrics. These devices will be kept securely in the Rock House. There will be one docking station for these devices in each cabin. The cabin counselor will rotate the devices (kept in the Rock House) at the cabin's request.

E-READING:

If your camper's summer reading is on an e-reader, we encourage your child to complete this reading prior to or after camp. However, if you need to bring it, on Opening Day the parents must check in with the counselor in charge of electronics. This counselor will make sure all games are archived or deleted and create a password to restrict access.

HEADPHONES:

Please do not bring headphones, as these keep campers from interacting with their cabin-mates and connecting with nature.

CELL PHONES:

Campers are **NOT** allowed to have cell phones at CRL. If your child is traveling alone and needs a cell phone for the trip, we will secure it in the Rock House for the session. Please remind your daughter to completely turn OFF the phone prior to handing it in. Camp will make every effort to return cell phones with some battery charge on the camper's departure day.

Thank you for working with us to make this the most positive and fun, unplugged time for your daughter.

FOOD ITEMS:

No food, candy or snacks are allowed from home, as they attract bugs and critters. Gum is allowed, but should be in Tupperware containers.

MONEY:

No money is necessary at camp.

VALUABLES:

No valuables, whether items of personal value or expensive items, especially jewelry. Inexpensive stud earrings for ears only are permitted.

NO FLIP FLOPS, OR OPEN-TOE SHOES:

These shoes are a tripping hazard and may only be worn to "Egypt" (our term for bathhouse).

NO PETS:

Please leave any pets at home, no matter how small.

NO VEHICLES:

Campers are not allowed to drive vehicles to camp or while at camp.

**ZERO TOLERANCE FOR ALCOHOL, DRUGS, CIGARETTES,
E-CIGS, AND WEAPONS**

**Camp Riva Lake reserves the right to search
backpacks, duffel bags, and trunks on camp
property.**

Camp Policies: Actions That Result in Camper Being Sent Home

Camp Riva Lake highly values the fact that we are able to provide campers with the opportunity to develop leadership skills, make new friends, and try new activities all while unplugged and away from social media. Counselors and staff members work every day to provide each camper with the best experience possible. When a camper displays behaviors that present danger to themselves or others, our directors may have to make the difficult decision to send a camper home. Circumstances that could result in a camper needing to go home include:

1. Repeated disregard of counselor instructions, that directly relates to safety, whether in the cabin, on camp grounds, or at activities.
2. Aggression towards another camper and/or staff member with the intent to cause physical or emotional harm.
3. Violation of Camp Riva Lake's non-discrimination policy by use of slurs related to race, sex, and/or gender.
4. Purposely targeting or leaving out another camper in a consistent manner that would classify as bullying.



HEALTH FORMS AND MEDICATION:

CAMPMINDER.COM:

In order to provide your child with the best health services, we will be using a secure web service, CampMinder. This new system allows us to not only keep you informed on your child's health and wellness, but it allows camp to communicate camp news, update account balances, and post pictures all in one location.

The camp nurses will review each form prior to the opening of camp and contact new campers and those with special medical needs.

MEDICATION:

All medication will be kept in Kottage Komfort ("KK") with the camp nurse. The nurse will only dispense medications as prescribed in writing by your child's physician. All medications must be sent in their original bottles with detailed instructions from your physician on when and how to administer to your child.

Please make a copy of your health insurance card and add the social security number of the parent who carries the health insurance. This information is needed if we need to take your daughter to the emergency room.

PARENT NOTIFICATION:

There are certain situations that a parent would be notified as soon as possible by the camp nurse. These include, the case of a life threatening emergency or situation, when a camper or staff member requires care outside of the RN's scope of practice, and when the RN is utilizing his/her assessment skills and does not note expected improvement of treated condition.



FEES:

DEPOSIT:

Your \$400 deposit was made with your application. Full deposits are refundable until March 1. After March 1st a processing fee will apply.

TUITION:

Upon payment of the tuition, refunds are not available for late arrival or early departure, except in cases of withdrawal due to medical illness with a doctor's letter. In that case, Camp Riva-Lake and parents/guardians will share the loss equally.

SIBLING DISCOUNT:

A discount of \$100 on the balance remaining after deposit can be applied to each sibling of a full-paying camper.

COMMISSARY:

Camp fees are inclusive except for optional commissary items such as drinks, ice cream treats, laundry, purchased clothing, stamps, toothpaste, stationary, water bottles or other items that campers may have forgotten or run out of during the session, and/or special food, doctor visits or medication needed during the session.

If your camper's commissary balance at the end of the summer is \$25 or less, it will be applied as a donation to our scholarship fund. If you would prefer a refund, please send us a request in writing.

BALANCE:

The tuition balance is due no later than May 1. Please pay via campminder.com, or mail a check made out to Camp Riva-Lake to:

Camp Riva-Lake
c/o Erica Hilmas-Tucker
1812 SW West View Cir.
Blue Springs, MO 64015

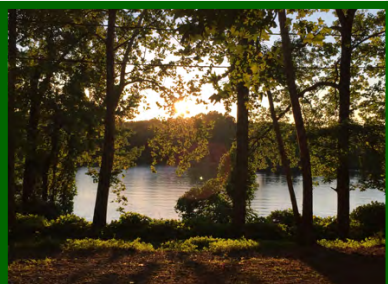




HOMESICKNESS TIPS:

Going to camp for the first time is a new experience for the entire family. To help your child prepare for CRL, talk positively about it. Be honest about the not so glamorous parts of camping, like bugs or rainstorms. Speak to your child about homesickness and let them know that many kids miss home the first few days of camp but once they get involved and get to know their counselors and new friends camp will become an exciting new adventure. We hope not have any homesick campers, but if it does occur please be comforted knowing that the counselors, Directors and staff work diligently to make your child feel more “at home.” It may be helpful to tape pictures of family, pets and friends to the top inside lid of your camper’s trunk so that when she opens it, she has a visual of her loved ones back at home.

While letters from home are always exciting to receive, experience tells us that talking on the phone is likely to cause homesickness. For that reason, please do not expect to call and speak with your child during the session (birthdays and family emergencies are exceptions). Please call the directors in those situations. Cell phones and messaging devices are not allowed during camp. This builds independence and helps the girls “get away from it all” for this short period of time. Please support us in helping your daughter gain the best camping experience.



PLACES TO STAY IN WINCHESTER/DECHERD/COWAN/BELVEDERE, TN:

(10 to 20 minutes from Camp):

Best Western Royal Inn (motel)

1602 Dinah Shore Blvd.

Winchester, TN 37398

931-967-9444

<https://www.bestwestern.com/...>

Quality Inn (motel)

1838 Decherd Blvd.

Decherd, TN 37324

931-962-0130

<https://www.choicehotels.com/...>

Sewanee Inn (hotel)

1235 University Avenue

Sewanee, TN 37375

phone: 931-598-3568

toll free: 855-494-4466

sewanee-inn.com

Tims Ford State Park (camping):

931-962-2706

The Franklin-Pearson House

108 Cumberland St.

Cowan, TN 37318

931-962-3223

Franklin-Pearson.com

Falls Mill B&B Cabin

134 Falls Mill Road

Belvedere, TN 37306

931-469-7161

fallsmill.com/bed-breakfast/

